

Q4 SEBB Wellness Benefit Promotion and Training Planning Calendar

October	November	December
<p>SmartHealth \$125 wellness incentive deadline is 11/30</p> <ul style="list-style-type: none"> • Message <p>Giving Campaign</p> <ul style="list-style-type: none"> • Message • Flyer <p>Reward yourself with SmartHealth</p> <ul style="list-style-type: none"> • Message • Flyer <p>Living Tobacco Free</p> <ul style="list-style-type: none"> • Ready-to-use resources <p>Training</p> <ul style="list-style-type: none"> • <i>Mental Health Tools You Can Use</i> October 18 10:30 a.m. to noon <p>We will email registration information to you.</p>	<p>SmartHealth \$125 wellness incentive deadline is 11/30</p> <ul style="list-style-type: none"> • Message <p>Giving Campaign</p> <ul style="list-style-type: none"> • Message • Flyer <p>Reward yourself with SmartHealth</p> <ul style="list-style-type: none"> • Message • Flyer <p>Living Tobacco Free</p> <ul style="list-style-type: none"> • Ready-to-use resources • Great American Smokeout (November 16) 	<p>Diabetes Prevention Program (DPP) Livongo DPP (Premera only)</p> <ul style="list-style-type: none"> • Flyer <p>Omada DPP (UMP, Kaiser Permanente)</p> <ul style="list-style-type: none"> • Flyer • Message • Digital Sign (use on monitors) • Banner (use on websites) <p>Training</p> <ul style="list-style-type: none"> • <i>Stand Up for Your Health</i> December 13 Noon to 1:00 p.m. • <i>Washington Wellness 2024 Preview</i> December 14 10:30 a.m. to noon <p>We will email registration information to you.</p>
<p>Additional material to promote SmartHealth</p> <ul style="list-style-type: none"> • Well-being Assessment toolkit - Flyer, Article, Message. Use through November. • 2023 SmartHealth Incentive Flyer. Use through November • Overview video. Use through December. 		

Other resources for wellness coordinators

- [Washington Wellness Program Training Modules](#)
- [Meetings and Materials](#) (Training registration, presentations, and resources).
- [Build a wellness program](#)
- [Accessing SmartHealth guide](#)
- [SmartHealth Q4 Library](#)

Where employees can learn more

- [SmartHealth](#)
 - [Overview video](#)
 - [Success Stories video](#)
- [Diabetes Prevention Program](#)
- [Living Tobacco Free Program](#)

Need support building, sustaining, or enhancing your workplace wellness program? [Contact us](#).

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